

The Auburn Welcome Center

Building skills, Finding Friendships and Creating connections to the community
11510 C. Ave Auburn Ca, Ph (530) 889-7200

Support Groups

Mon 12:30-1:30 Welcome Center meeting Everyone is welcome to come share ideas and thoughts re: the Welcome Center and community.

First Monday of every month is Consumer Council 12:00pm Make your voices heard. Information goes back to management and community members to make a change.

Mon 1:30 -3:00 Women's Support Grp A drop-in group facilitated by peers. Topics of discussion vary week-to-week based on needs and concerns of group members. This group is open ended, and all women are welcome to attend.

Tues. 1:30-2:45 Ready to Change This is a great opportunity for those who are waiting for programs to begin or considering participation in recovery. This group is open-ended, and any one is welcome to attend.

Weds 12:30- 2:30 Recovery for All group This group is open-ended, and any one is welcome to attend.

Weds 10:30-12:00 Grief & Loss Grp Share, listen and talk about the loss of a loved one or a close friend. This group is open ended, and any one is welcome to attend.

Friday 2:00-3:00 Listening Well Former Listening Well participants continue appreciating supporting and sharing strengths with one another as they continue to integrate learning through attention to everyday experiences.

Activities/classes

Monday –Friday 8-12 One on One Staff is available for assisting individuals one-on-one in accessing resources, developing resumes, job skills and/or life skills. Appointment recommended.

Monday 10-12 Arts & Crafts The Art class is open to all, regardless of their skill level. Each individual may work on independent projects. All art materials are provided.

Tuesday 11:00 Roseville visit the Welcome Center van will return to Cirby Hills by 3:30 pm.

Tuesday 12:30 Bingo Play America's favorite family game, win prizes such as canned soda.

1st & 3rd 1-2:30 Tuesdays Navigators meeting

Thursday 10-12 Skills Building . The topics vary week to week. January focus on house skills and job skills, applications, resumes, phone skills, looking up resources, practicing social skills, etc.

Thursday 1:00 Bingo Come play for fun & Prizes

Thursday 1:00 Jeff Cowen PIRS Jeff will work with individuals re: Counseling for Social Security and independent resources. Appointments available Call 530-889-7259 to schedule.

Thursday 2-4 Movies Movies vary week-to-week. Come enjoy the company of others and relax. We provide the popcorn.

Friday 10-2 Fun Friday (live Music) give us your ideas on other Fun Friday Activities!

Updated 3/13/08

Groups available in the Community

Auburn Area

Depression or bi-polar. Mondays open to all adults PIRS (530)885-6100

Depression Tues (men only) contact Jeff PIRS (530) 885-6100

Depression Thurs 2-4 Open to all adults. PIRS (530)885-6100

Bipolar support Group: \$30 fee Weekly Placer Counseling Center (530)889-1637

Parent Support Group: \$30 fee Weekly Placer Counseling Center (530)889-1637

Education on Sexual abuse for families: \$30 fee per person 3 session format for non offenders Placer Counseling Center (530)889-1637

PFLAG : Second Monday of each month 7-9pm in Auburn. A safe and confidential place to talk about sexual orientation (916) 863-9622

Grass Valley Area

Support Groups

Men's Group: A Gathering of men to discuss mental and physical healthcare. Spirit Empowerment Center (530)274-1431

What's eating you?: Support group for anyone who has issues with food and Psyche. Spirit Empowerment Center (530)274-1431

GLBT: A group for individuals exploring gender issues. Spirit Empowerment Center (530)274-1431

Women's Group: women discuss complexities of their lives, while developing friendships. Spirit Empowerment Center (530)274-1431

Let's Rap Group: Men and women focus on Life management skills. Spirit Empowerment Center (530)274-1431

Spirituality Group: Understanding ones personal spiritual beliefs. Spirit Empowerment Center (530)274-1431

Good Grief Group: 16 wk process group to learn to manage grief, loss, and change. Spirit Empowerment Center (530)274-1431

Dual Diagnosis Group: An open, safe environment dealing with addiction, as well as, mental/emotional challenges. Spirit Empowerment Center (530)274-1431

Activities /classes

Core Volunteer Education class: 6-week program to educate volunteers about Spirit center services.

Peer Counseling 101: A 12-week course to learn the peer counseling process. Spirit Empowerment Center (530)274-1431

Group Dynamics 102: a 12-week course to educate volunteers to be effective group facilitators. Spirit Empowerment Center (530)274-1431

Self Empowerment Course 6-week class: What empowerment means to each one of us. Spirit Empowerment Center (530)274-1431

Media outreach/Funding: a Weekly class focused on outreach and fundraising. Spirit Empowerment Center (530)274-1431

Life skills for Vocational success: A community outreach training for public and Cal-Works recipients. Spirit Empowerment Center (530)274-1431

Therapeutic Organic Gardening: get your feet on the ground: Learn how to take care of your garden. Spirit Empowerment Center (530)274-1431

Craft/Beading Class: An introduction to a variety of craft techniques. Spirit Empowerment Center (530)274-1431

Stretch Class: Learn body awareness. All levels welcome Spirit Empowerment Center (530)274-1431

Live Music: Sing Along improve open mic. Bring your instruments. Spirit Empowerment Center (530)274-1431

Saturday Coop Brunch: An organized potluck meal. Work as a team to plan and prepare. Spirit Empowerment Center (530)274-1431

Roseville Area

Bereavement Support: Support for individuals experiencing grief as a result of loss through death. 2nd and 4th Tues. 6-7:30 pm AND 1st and 3rd Tues 10-11:30 am at Sutter Roseville, Walk-in basis (916)797-7850

Thurs 10:00- 11:00 Recovery for All group: This group is open ended and any one is welcome to attend. Group will meet in the Training room of Cirby Hills 101 Cirby Hills Drive, Roseville (916) 780-3293

Healthy living: Support group for open ASOC clients: everyday issues. Discussions are usually stimulating and fun. Will be held in the Cirby Hills Adult Education Room Thursdays and Fridays 12:30-1:30 Drop-ins are welcome (916) 787-8846

Celebrate Recovery: Christ-centered 12-Step recovery program. Support groups for all types of problems & addictions including: food, sex, or relationship addictions, co-dependency and chemical dependency. Meets Thursdays at 7pm for more information please contact:

Adventure Christian Church
6401 Stanford Ranch Road
Roseville , CA 95678
(916)771-5683
(916)773-5683 Fax

Celebrate Recovery: Christ-centered 12-Step recovery program. Support groups for all types of problems & addictions including: food, sex, or relationship addictions, co-dependency and chemical dependency. Contact Abundant Life Fellowship in Roseville at (916)783-1989 or (916)783-7879 Fax

Celebrate Recovery: Christ-centered 12-Step recovery program. Support groups for all types of problems & addictions, including: food, sex, or relationship addictions, co-dependency and chemical dependency. Please contact: Roseville First Church of the Nazarene
1301 Main St.
Roseville , CA 95678
(916)786-6833

Alzheimer Support Group: 4th Friday of each month, 1:30pm - 3:00pm (November & December meetings held on the 3rd Friday). For more information, call the Alzheimer's Association at (916) 930-9080.

Caregivers Support Group: 3rd Friday of the month, 9:00am -10:30am.
The group does not meet in August or December. Call Joni Trykar at (916) 781-1559 for information.
It is Co-sponsored by Sutter Roseville Medical Center.

Parkinson Support Group : 1st Tuesday of each month, 1:30pm - 3:00pm. For more information, call Linda at (916) 543-6601.

InSight Support Group for the Visually Impaired: 3rd Wednesday of each month, 9:30am - 11:00am. For more information, call (916) 774-5960.

Widowed Persons Support Group: 4th Friday of each month, 10:00am - 11:30am (3rd Friday in November and December). For more information, call (916) 791-0843.

Folsom Area

Bereavement Support group: Support for individuals experiencing grief as a result of loss through death. 2nd and 4th Mon 7-8:30 pm at Mercy Hospital Folsom (916) 983-7436

Sacramento Area

Loss of Spouse: Resolving Grief Social and support group held on Sundays 3-5:00 PM at 2628 El Camino Ave D-18 (916) 972-9722

Experiencing Grief: An opportunity to share and receive emotional support on the 1st and 3rd Wednesdays 6-7:00 PM Conference Room 1, Mercy San Juan Hospital 6501 Coyle Ave., Carmichael please call (916) 537-5098 for more information.

Bereavement Support Group: This group is for anyone who has experienced loss. Alternating Wednesdays 6:30- 8:30 PM Sutter Cancer Center 2800 L. St. in Sacramento, please call (916) 454-6525 for more information.

Hospice Support: UC Davis: 6-week support group offered throughout the year. Call for registration (916) 734-1139

Compassionate Friends: Support for parents who have lost a child. Monthly meetings held on the 3rd Friday 7-9:00 PM at Belle Coolidge Community Center 5699 S. Land Park Dr Sacramento call (916) 457-4096 or Beth Oliver (916) 284-9540 or Lilian Adams (916) 726-6844

Sharing Parents A support group for people whose babies have died from conception through early infancy. Held on the Second Sunday 7-9:00 PM at the Women's Center, 650 Howe Ave Suite 530 in Sacramento, please call (916) 424-5150 or email www.sharingparents@yahoo.com

Children's Support

Children's Bereavement art group Creative support for children aged 4-17

Who have experienced death of a significant person within last year.

5 locations including Roseville and Auburn Call (916)454-6555

www.sutterchildren.org

The Healing Center for Grieving Children: Support groups for grieving children age 3-18

Diane Oran (916) 791-8414

www.grievingchild.net